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ABSTRACT

Materials useful in drug and alcohol abuse prevention programs directed towards high school athletes are contained in this document. Nine topic areas are covered: (1) effects of athletics on young people, such as pressure to win; (2) reasons athletes use drugs and alcohol, including coping with stress and feeling good; (3) enabling behaviors of coaches which help and encourage athletes to use drugs and alcohol, such as ignoring suspicious incidents or talk; (4) responsibilities of the coach to recognize symptoms of alcohol and drug abuse and know where to refer athletes for help; (5) suggestions for coaches to use daily in drug and alcohol abuse prevention, including such things as using positive peer pressure and confronting suspected violators; (6) a description of the nine-step prevention program in the Forest Hills School District (Cincinnati, Ohio), which is the basis for this document; (7) suggestions for captains of athletic teams; (8) reasons for a coach to survey athletes for drug and alcohol abuse, and the survey itself; and (9) two form letters to parents from coaches alerting parents to the incidence and danger of drug and alcohol abuse in young people. Finally, a survey is provided for the coaches to complete concerning their jobs and their use of these materials and to return to the local school district which formulated this document. (ABL)

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U.S. Department of Justice
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# TEAM UP FOR DRUG PREVENTION

# WITH AMERICA'S YOUNG ATHLETES

CG 019438

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**U.S. Department of Justice**

Drug Enforcement Administration

*Washington, D.C. 20537*

Dear Coach:

We are pleased to provide this set of materials to assist you in developing a drug abuse prevention program at your school. For their efforts in compiling this information we wish to thank Dr. William P. Deighan, Superintendent; Michael D. Hall, Athletic Director, and Peg Rider, Coordinator of Special Programs for Youth; Forest Hills School District, Cincinnati, Ohio. There are a variety of materials in the packet that should be very helpful to you.

The National High School Athletic Coaches Association and its affiliated state associations, as well as the National Football League, the National Football League Players Association and the International Association of Chiefs of Police, are working closely with the Drug Enforcement Administration in a program of cooperative action to prevent drug abuse by high school youth. All groups have collaborated on the development and production of materials which have relevance to coaches and their responsibilities to their student-athletes. We challenge you to become involved in this program!

In the booklet entitled "For Coaches Only: How To Start a Drug Prevention Program," we gave you some ideas and challenges. This packet is more than that, it is an ACTION PLAN...a way to implement those ideas and challenges that we talked about.

As a former high school coach, I am sure that if you take the action and administer the plan, you will achieve the results of having an impact on the drug abuse problems in your school.

Sincerely,

John C. Lawn

John C. Lawn
Deputy Administrator

# National High School Athletic Coaches Association

*[A Non - Profit Corporation] ...Founded in 1965...18 Years of Service to High School Sports*

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Dear Coach:

Please let us express our appreciation to you for taking a positive step toward drug abuse prevention in your community. As an athletic coach and a caring person, you are uniquely qualified to be the catalyst who may "make the difference" in the lives of students in your school.

Your National High School Athletic Coaches Association in cooperation with the Drug Enforcement Administration has made the commitment to the high school boys and girls to become an integral part of the solution of the drug abuse problem. While the ultimate solution may rest with drug prevention education in the elementary schools, we high school people must confront the problem... head-on...in our individual schools...with our own athletes...with our own students in our classroom.....this year.....NOW!!!

We are pleased to report that the National Football League, the International Association of Chiefs of Police, and the National Football League Players Association will assist the DEA and the National Association in the implementation of the Drug Prevention Program.

Coaches in twenty thousand high schools...each with his or her own athletes, other students, coaching staffs, administrators, parents, and community leaders as part of the process...have the potential to "move mountains" in a drug prevention program. We are proud that you have accepted this professional responsibility in your school and community. As a leader, you will want to engage other coaches and teachers in this thrust to prevent drug abuse. The simple fact that a school may not now have a drug problem does not preclude the possibility that a problem may emerge in the near future!! Drug abuse prevention is an investment in tomorrow's America...not an expense in today's budgets of time, effort, and money!!

The attached information has been examined by your NHSACA and comes highly recommended for your use in your school and community. Thanks again!

Sincerely,

Carey E. McDonald

Carey E. McDonald
NHSACA Executive Director
CEM/hw


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Excellence Now...and For the Future
FOREST HILLS SCHOOL DISTRICT

**ADMINISTRATION BUILDING**
7575 Beechmont Avenue, Cincinnati, Ohio 45230 513/231-3600

Dear Coach:

You took an important step in the fight against drug and alcohol abuse among students when you sent for this packet. Enclosed you will find material that was prepared by key staff members in the Forest Hills School District for use with the Drug Enforcement Administration's booklet, "For Coaches Only: How to Start a Drug Prevention Program."

All of the materials that are included in this packet are used in the drug prevention program for athletes in Forest Hills. They form the basis on which our drug prevention program is based.

As you will see the program described in these materials does not cost anything to put into operation. Your only investment, then, in starting a similar program is your time and effort.

The packet of information includes the following printed material:

1. Effects of athletics on young people.
2. Reasons why athletes use alcohol and other drugs.
3. Enabling behaviors of coaches.
4. Responsibilities of the coach in regard to chemical abuse.
5. Suggestions to coaches on starting a drug prevention program for athletes.
6. Nine (9) step drug prevention program for athletes.
7. Suggestions for captains when dealing with their teammates.
8. Initial survey to be given to your athletes.
9. Sample letters to parents.
10. Coaches' survey (to be returned to the Forest Hills School District)

Before using the material from this packet of information, we would like to suggest that you share it first with your principal as some of the items may involve school policy.

The Forest Hills School District is committed to the importance of drug education and prevention programs for athletes and we are willing to help you in any way that we can. If you have questions, comments, need suggestions, or would like to discuss an idea about prevention, give us a call (513-231-3600).

Yours truly,

William P. Deighan
Dr. William P. Deighan
Superintendent

Mike Hall
Michael D. Hall
Coordinator of Athletics

# *EFFECTS OF ATHLETICS ON YOUNG PEOPLE*

In order to understand why our athletes drink or use other drugs we should look at the effect that athletics has on young people.

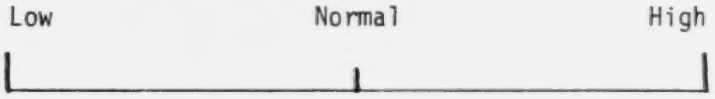
- There is a heavy focus on athletics in virtually every high school and junior high school in the country.
- Schools often are rated according to how good their athletic program is.
- Pressure to perform is put on athletes from Mom, Dad, other students, teachers, young kids.
- Athletes have everything that all other kids have as problems, plus the other pressures that athletics bring:

    1. Pressure to win
    2. Pressure to perform well
        - "People will think less of me"
        - Athletes are placed in a position where there is a lot of chance for failure.
        - Pressure to maintain the image that "I'm better than you."
        - The public hold high expectations for athletes.
    3. Athletics give to young people a high rate of unearned esteem (14 to 16 year old kids walking around town like they were "big shots")

# *SOME REASONS WHY ATHLETES*

# *USE ALCOHOL AND OTHER DRUGS*

- Let's focus on a diagram called a "Feeling Continuum." It is a model of the full range of a person's feelings. The model goes from one extreme of a very low feeling (even depression) to feelings of elation, or a high feeling.




Try to focus on the time when you felt your very best or highest. What was your highest high?

1. Was it when you participated on an athletic team and you had a big win or won the league championship...or was it when you participated in the state tournament...or played well in a difficult game?

2. Was it the day you got married...or was it the day you had your first baby?

3. Was it a time when you used alcohol and drugs?

- Feelings that athletes get from alcohol and other drugs are the same feelings that they get from winning and losing. They come off the playing field or leave the gym with their adrenalin flowing and very aroused...they want to keep that feeling. What do they often turn to?...alcohol.

- <u>Alcohol works every time</u>...Our sports program, our curriculum, our boy scout troop, the best father...is not going to make them feel good every time -- but alcohol/drugs will!

- It is a way for some athletes to cope with pressure and stress.

- Some athletes receive a lot of peer pressure from other students, and even other athletes, to use alcohol and other drugs.

# *ENABLING BEHAVIORS OF COACHES*

We all do the things we do because we believe they are the best things to do. But sometimes some of the things that we do as coaches make it easy or enable athletes to use mood-altering chemicals. The following are examples of enabling behaviors used by some coaches which help and encourage kids to use:

1. We overhear party plans but pretend that we did not hear.
   a. What a coach should do is to confront the athlete immediately and tell them that kind of talk and that behavior is inappropriate...and you should not ignore it.
   b. Tell the athletes you are concerned about them.
2. We smell alcohol or marijuana but do nothing.
   a. Coaches rationalize and discount this information.
   b. The athlete is thinking that you must know. (If you don't confront them, they will interpret it as if you, the coach, don't care.)
   c. You should confront the athlete immediately.
3. Keeping secrets from assistants and the team.
   a. The whole team knows anyway.
4. They don't talk about past chemical abuse incidents.
   a. Coaches often will avoid the subject of alcohol and drugs.
      (1) Some coaches mention the subject at the start of the season and never mention it again.
      (2) Forms of denial by coaches:
         (a) "We don't have a problem."
         (b) "It is not a problem on my team - it is a problem on other teams."
         (c) "If a problem exists on my team it is a reflection on me. (Therefore I am going to ignore the problem.)"
         (d) "Whatever is done will not work anyway."
   b. Chemical abuse incidents that have occurred in your school are relevant and meaningful to your athletes, and your athletes can learn good lessons when you discuss those incidents with them.

5. Not enforcing the rules.

   a. Learn to be firm.
   b. Set limits and stick with them.
   c. This is a very important part of the program. Do not minimize the importance of enforcing rules.

6. Inappropriate use of alcohol by coaches at clinics, summer activities, adult parties, victory celebrations or drowning sorrows at local watering holes.

   a. Through our own behavior, we sometimes send the message to the kids that it is okay to use alcohol.
   b. Coaches should, at all times, be a good model for their athletes.
   c. One of the long range goals for any school athletic program to think about is to try to get every coach to sign a pledge not to use alcohol during his/her sport season.

# *RESPONSIBILITIES OF THE COACH*

- You are a teacher...you are a coach...you are an adult and your number one concern should be the welfare of children. You should, therefore, be concerned about the seriousness of drug abuse among young people. In your position it is expected that you would take the responsibility for a drug prevention program for student athletes.

- You don't have to be a counselor...you don't have to be an expert in treating drug abuse.

- You must be able, however, to recognize the signs of alcohol and other drug abuse.

- You must know where to get help:

    - School Counselors
    - Drug Abuse Coordinator in your school
    - Core Team in your school
    - Intervention Team in your school
    - Local agencies whose purpose is to help young people with chemical abuse problems.

- If we diagnose a student as having a reading difficulty, we send that student out for help. It follows that if we diagnose a chemical dependency problem, we should also send that student out for help.

- Don't be turned off from starting a drug prevention program for student/athletes because you feel that you do not know enough. It is important for you to remember: You don't have to be an expert.

# *SUGGESTIONS FOR COACHES*

1. Call your captains together and talk about alcohol and other drug abuse.

   a. Ask the captains to make a commitment to actively work at getting their teammates not to break any training rules during the sport season.
   b. The commitment is what the "star" on the sleeve is all about.
   c. Meet with your captains regularly.
      - Included in this packet is a list of "Suggestions for Captains."

2. Open a dialogue with your athletes on alcohol and other drug abuse.

   a. Talk about past and present chemical abuse incidents.
      - Don't avoid the subject.
      - Don't keep any secrets.
   b. Keep everything up front all season long.
   c. Communicate to your athletes that you really care about their use. It's important for you to communicate this. They need to know that you care. They want to know that you care.
   d. Talk to your athletes about the results of the initial survey that you do with the team. Ask for a change in their behavior.
   e. We want our coaches to make a <u>minimum commitment</u>. We want our coaches to talk to their athletes a minimum of once per week on the subject of use of alcohol and other drugs.

3. In order for our drug program to work -- to be effective -- we have to get our athletes to use <u>peer pressure</u> on teammates to not use any mood-altering chemicals.

   a. Ask your athletes to turn peer pressure around to <u>not</u> use.
   b. Team members have the right to put peer pressure on teammates who are not following the rules.
      - With some team members not following training rules, it could and often does cause serious morale problems on the team.
   c. Team members should confront "users" and say, "one more time and we go to the coach." "I will do whatever it takes to get you to knock it off."

4. Enforce all training rules

   a. Report all violations to your athletic director or principal.
   b. "Stars" included
   c. Be firm, do not deviate from the rules.

5. Know the symptoms -- Recognize the signs

   a. Mood swings from the very high to the very low
   b. Recognize changes in personality
   c. Apathetic and listless behavior
   d. Loss of coordination
   e. Red eyes
   f. Profuse sweating (way beyond normal sweating)
   g. Late to practice
      - Do not show at Saturday practice because they are "sick"
   h. Listen for subtle cries for "help."

6. Have a definite plan in mind when one of your athletes is caught.

   a. Investigate the incident.
   b. Go to your athletic director to start the process.
   c. Involve the family.
      - If the recovery does not involve the family, the recovery rate is 1 to 20.
      - If the recovery involves the family, the recovery rate is 1 to 2.

7. When you overhear students talking about an athlete(s) who has broken training rules, investigate.

   a. We must actively try to catch violators of training rules.
   b. In the past, coaches have ignored this kind of information and athletes have been allowed to get by, undisciplined.
   c. All coaches must participate in presenting and enforcing rules.
      - Assistant coaches can not ignore the problem.

8. When you overhear party plans, confront the athlete immediately.

   a. Tell them that kind of talk and that behavior is inappropriate.
   b. Tell the athlete how you feel.
   c. Do not pretend you did not hear.
      - They <u>know</u> you heard.

9. When you smell alcohol or some form of tobacco, confront the athlete immediately.
   a. Start the discipline process.

10. Get parents involved in co-signing training rule pledge cards.

11. Check on your athletes...call them at home...let them know that you care.

12. Follow up any discipline with help for your athlete.

   a. It is important for your athletes to know that you will enforce the rules but you are <u>not</u> going to reject them.
   b. After they have been disciplined, they need your help in order to regain their dignity and get their life in order.

c. You don't have to be an expert at drug counseling.
   - Know where help is available, ie: counselors, drug prevention coordinator, core team, etc.

d. In the Forest Hills School District, we tell our athletes:
   - If the athlete turns himself in for chemical abuse, they remain on the "team" and we give him counseling and/or treatment.
   - If we catch the athlete violating training rules, they are off the team...but they still get counseling or treatment.

13. Coaches should be good role models.

14. Find alternative activities for athletes after contests.

a. Parties can be organized by parents in a parent's home.
   - Invite team, their friends, cheerleaders, parents and coaches.
   - Serve hot dogs, pop, potato chips.
   - One rule: "If you come, you must stay until 11:30 p.m."
   - Show a video tape of the game.

b. Swimming parties
c. Racket Club parties
d. Ask the team for suggestions.
e. Students and athletes are really looking for alternatives to parties where there is alcohol and other drugs.
f. Our Booster Clubs have offered to help plan and be involved in the alternative activities. You should ask for their help.

# THE FOREST HILLS DRUG PREVENTION PROGRAM

# FOR ATHLETES

The First Step

We decided to find out just how serious the problem was in the Forest Hills School District with our athletes. Our first step was to do a "needs assessment" by way of a questionaire. We surveyed all senior athletes at each high school and all 8th grade athletes and cheerleaders at the junior high school. The results were startling. The results indicated that our athletes were, in fact, serious users and abusers of alcohol and other drugs.

The results showed:

1. High School

    a. 65% admitted using alcohol during their sport season.
    b. 12% admitted using pot during their sport season.
    c. 5% admitted using other drugs during their sport season.

2. Junior High School

    a. 38% admitted using alcohol during their sport season.
    b. This is where the program must start.

3. 92% of the senior athletes and cheerleaders reported that it was true that there were parties every weekend involving drinking by athletes that are participating in a sport season.

4. The seniors estimated that from 50 to 90% of our athletes use alcohol once per week, every week of the year.

The above figures are just the highlights of some of the results of the survey. In fact, the results of our surveys are in line with the results of similar surveys from school systems all over the United States. The results of our survey and other national surveys are pretty typical of what is going on -- probably including your high school and your junior high school.

Medical studies show that the use and abuse of alcohol and other drugs by athletes will affect their participation and the development of their skills. But of even more concern, is another fact that our athletes have told us. Our athletes say that there are few social drinkers or users among teenagers. They tell us that when kids drink, two things happen:

1. They drink till they pass out or get sick.
2. They drink until the alcohol runs out.

If our athletes are abusing almost every time they use, it is harmful -- it is unhealthy -- and it is dangerous for our athletes and we should do something about it. We should do something about it before someone gets killed in an accident.

The Second Step (If we did not pass this step, we would not have gone on with the program.)

We met with our coaching staff. We asked our coaches to look at the problem. They did -- and they accepted the problem as a challenge and decided to do something about it. We held several meetings with coaches and developed a plan to attack the chemical abuse situation before it got any more out of hand. We then developed some guidelines and suggestions for coaches.

The Third Step

In the fall, we met with the captains of every sport as a group. We asked our captains to make a commitment and that commitment was to actively work at getting their teammates to not break any training rules during the sport season. The commitment that we asked them to make is what the "star" on the sleeve is all about. We continue to meet with our captains regularly.

The Fourth Step

We sent two letters to the parents of our athletes. The first letter reported on the survey that was taken in the previous spring. Many of the parents expressed alarm and concern after seeing the results of the survey. In the second letter we talked to parents about the "pledges" the athletes would be taking at the beginning of each sport season and the meaning of those pledges. (Parents are asked to co-sign the pledge.) We discussed the role of parents and what further action parents can take.

The Fifth Step

The Booster Clubs became very involved in our undertaking. They purchased a brochure entitled, "My Parents Don't Think I Drink Because I'm in Sports." They handed a copy of that brochure to the parents of each athlete at the start of each sport season, at an activity we call "Meet the Team Night."

The Sixth Step

Several parent drug awareness meetings were held throughout the year. The purpose of the meetings:

- Help parents recognize the problems of drug abuse among young people.
- Give parents help in dealing with the problem.

As a "draw" to get parents out to this meeting, we had a big name professional athlete speak who was, himself, recovering from the use of alcohol and other drugs.

## The Seventh Step

We scheduled three (3) general sessions for athletes. These sessions will be held in the fall, winter and spring. They were conducted during practice time because our coaches are committed to the program and are willing to give up practice time for the program. The presenters in these sessions will be recovering student/athletes and pro athletes. We want our athletes to know how alcohol and drugs can mess up their lives. Therefore, we'll bring someone that they can relate to in that regard.

## The Eighth Step

At the end of our first year in the program, we conducted another survey of our senior athletes and 8th grade athletes and then compared the results of that survey to the survey conducted when we started the program.

## The Ninth Step

We will conduct a year-end evaluation with our coaches, captains, athletes and parents.

## The Main Thrust

The main thrust of our program is coaches working with kids. We have given our coaches a considerable amount of training. The outcome of that we hope will be...athletes using peer pressure on teammates to not use alcohol and other drugs. If our program is to be successful, it will be because of athletes using peer pressure on teammates to follow the rules.

## IS THE PROGRAM WORKING?

Yes, our drug prevention program is working. This is what we have seen so far this year:

- People are talking about the program and the problem. There has been a lot of focus in the media.
- Some athletes are stating publically that they are no longer going to use.
- Some athletes who were using last year are not using this year and they say it is because of this program.
- One father turned his son in for drinking because the father felt an obligation to do so after co-signing a training rule pledge card. We have a tremendous amount of respect for that father.
- One mother of a female student called the principal of the high school to tell him that our coaches had ruined her daughter's party. She went on to say that our coaches had told their players that they were not to attend the party because alcohol was going to be served. Needless to say, we were thrilled that this incident happened.

> Several of our teams have told their coaches that last year there was a high percentage of team members who were using alcohol and other drugs. This year they prided themselves on being absolutely clean in regard to training rules. We are very pleased that this has happened on some of our teams. The athletes further told their coaches that they changed their attitude because of the focus our coaches put on chemical use.

These are positive signs that our drug program for athletes is working. At the time of the writing of this packet of material, we are in the process of completing the year-end survey of our athletes...those statistics were not available for this publication.

There are school systems in Minnesota who have had similar programs to ours for years and they are reporting a history of a lot of success...and it looks like we're headed for that also.

# *SUGGESTIONS FOR CAPTAINS*

1. In order for our drug program to be effective...we want our captains and our athletes using peer pressure on their teammates not to use any mood altering chemicals.

2. You should talk with your team. Say to your team how you feel and mean what you say:

   a. "This is what I want to see happen"

      - No one uses. Everyone follows the rules...the "star" of the team included.
      - "I do not want to see or hear about anyone using."

   b. "This is what I will do -- and this is a promise."

      - If I see it or hear about it, I will confront you and warn you once.
      - I will do everything I can to get you to stop and that includes going to the coach.
      - I will go to the coach if you do it a second time.

   c. Training rules are important:

      - In order for us to be the best athletes that we can be.
      - In order to have a great team.

   d. If you can not follow the training rules...quit the team.

      - There is nothing that will tear down team morale faster than one or two players who refuse to abide by the training rules.
      - We do not want anyone on our team who can not follow the training rules.
      - If you have to use alcohol and other drugs...do it not as a member of our team.

3. Each captain should be a model

   a. Your team looks up to you
   b. Young people in the community look up to you
   c. Do not put yourself in a position where people could accuse you of drinking or using other drugs.

      - It is strongly suggested that you do not attend any parties where alcohol is served.

   d. You must be above reproach

4. Find some alternative activities for your team...alternatives to going to parties where alcohol is served.

   a. Do things together as a team, such as:

      - Pizza
      - Movie
      - Organize a party at your home
      - Etc.

   b. Ask the team for suggestions

   c. The Booster Club and your coach will help plan and be involved in alternative activities. Ask for their help.

5. Make it clear to your teammates that if any of them think they have a chemical abuse problem, there is help available.

   a. It does not mean that they are off the team, if they ask for help.

      - The coach, AD and principal guarantee that they will provide help while leaving the player on the team.

6. Being a captain is a year-round commitment...it is not a seasonal commitment.

   a. You should be a year-round model that your team can look up to.

## CONFIDENTIAL TO THE COACH

# ALCOHOL / DRUG SURVEY FOR ATHLETES

The first step in any drug prevention program for athletes is to take a survey in order to positively determine the extent of the chemical use among your athletes. The survey establishes the facts on which you can base your program...without the survey, you are only guessing at the extent of chemical use among your athletes.

When you finish the survey and compile the results you will know the following:

1. The amount of alcohol and other drugs use by your athletes:
    - during the sport season.
    - during the school year.
    - male or female.
    - at each grade level.
2. Suggestions from your athletes on how you can help.
3. How prevalent the use of alcohol and other drugs are in your community.
    - Athletes, as a group, use on the same percentage as the rest of the student body.
4. You will know exactly what the alcohol and other drug use is in your community...before, you were only guessing.

It is recommended that before you conduct the alcohol/drug survey of your athletes, you first touch base with your school administration. You will need their support and they need to know what your program is all about.

# ALCOHOL / DRUG SURVEY FOR ATHLETES

Your response to this survey will be kept strictly confidential. Do not put your name on this survey.

The purpose of this survey is to gather information about the use of alcohol and other drugs among student athletes. Please be as honest as you can about your experiences and feelings about alcohol and other drugs.

Directions: Place a "✓" on the appropriate blank line.

1. Male _____ Female _____

2. 7th____ 8th____ Freshman____ Sophomore____ Junior____ Senior____

3. Check the line for each substance that best describes your alcohol and other drug use:

| | Never Use | Used once in last 12 months | Used 3-9 times last 12 months | Used 10-39 times last 12 months | Used over 40 times last 12 mo. | Used at least once per week |
|---|---|---|---|---|---|---|
| • Alcohol | ____ | ____ | ____ | ____ | ____ | ____ |
| • Marijuana | ____ | ____ | ____ | ____ | ____ | ____ |
| • Tobacco (smoke or chew) | ____ | ____ | ____ | ____ | ____ | ____ |
| • Uppers (speed) | ____ | ____ | ____ | ____ | ____ | ____ |
| • Downers (Quaaludes or valium) | ____ | ____ | ____ | ____ | ____ | ____ |
| • Other Drugs | ____ | ____ | ____ | ____ | ____ | ____ |

4. Did you use any of the following substances during your last sport season?

- alcohol yes _____ no _____
- marijuana yes _____ no _____
- tobacco (smoke or chew) yes _____ no _____
- other drugs yes _____ no _____

5. Would you go to a student party where alcohol (including beer) is being served?

yes _____ no _____

6. Would you stay at a party where training rules are being violated?

yes _____ no _____

7. Did you ever feel that you had a problem with your alcohol or drug use?

yes _____ no _____

If you answered yes, was it: _____ alcohol? _____ drugs? ____ both?

8. Did anyone ever say to you that they were concerned about your alcohol or drug use?

yes _____ no _____

9. Does a member of your immediate family (father, mother, sister, or brother) have a problem with alcohol and drugs?

yes _____ no _____

10. Do your parents know when you have been drinking or using other drugs?

- I never drink or use drugs _____
- My parents never know _____
- My parents know once in a while _____
- My parents know most of the time _____
- My parents know all the time _____

11. Describe what you believe should be done by the coaches to face the issues that this survey has raised.

(Suggested First Letter to Parents)

Dear Parents of XXXXXXX High School Athletes:

You are probably aware that in the spring of last year a survey was conducted of all XXXXXXX High School Athletes and Cheerleaders on the subject of alcohol and other drug use. The purpose of this letter is to inform you of some of the results of the survey.

- 64 percent of the senior athletes and cheerleaders surveyed reported using alcohol during their sport season last year.
- 16 percent reported using marijuana during their sport season.
- 80 percent of the senior athletes and cheerleaders reported that it was true that there are parties every weekend involving drinking by athletes that are participating in a sport season.
- The seniors estimated that from 50% to 90% of our athletes use alcohol once per week.

The above figures are just the highlights of some of the results of the survey. The results of our survey are in line with the results of similar surveys from school systems all over the United States.

The results of the survey indicates that our athletes are serious users of alcohol and other drugs. One of our coaches said, after seeing the results of the survey, "I used to think that the athletic drug problem is not my problem, but now I know that I must do something about it."

Medical studies show that the use and abuse of alcohol and other drugs by athletes will affect their participation and the development of their skills. But of even more concern is another fact that our athletes have told us. Our athletes tell us that there are few social drinkers or users among teenagers. They tell us that two things happen:

1. They drink till they pass out or get sick.
2. They drink until the alcohol runs out.

If our athletes are abusing almost every time they use, it is harmful -- it is unhealthy -- and it is dangerous for our athletes and we should do something about it. We should do something about it before someone gets killed in an accident.

Medical experts long ago established that alcohol is a serious drug. The results of our survey point out that the abuse of that drug among our athletes is acute. We have been somewhat unaware of the seriousness of the situation because alcohol and other drug abuse among our athletes has been underground. We can not ignore this study -- the facts are there.

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Our coaching staff has studied the results of the survey and they are very concerned about our athletes and their use and abuse of alcohol and other drugs. Our coaches have accepted this problem as a challenge and we have a plan to attack this chemical abuse situation before it gets any more out of hand.

Parents, we will be getting back to you in the very near future to let you know more of the details on our plan.

Sincerely,

(Suggested Second Letter to Parents)

Dear Parents of XXXXXXX High School Athletes:

Your job as a parent is an important one but a difficult one -- and it is not being made any easier by young people using alcohol and other drugs. Recently I sent you a letter outlining some of the results of a survey on alcohol and other drug use by our athletes. Many of you expressed alarm and concern after seeing the results of the survey.

There is no question that alcohol and other drug abuse is one of the most serious problems facing you as a parent and we as school teachers, coaches and administrators.

The coaching staff at XXXXXXX High School is moving ahead with plans to confront the problem of chemical abuse among our athletes. THEY NEED YOUR HELP, AS PARENTS.

How can you HELP?

1. Talking and listening to your son or daughter about alcohol and other drugs. There is all kinds of research that concludes that a key to combating drug abuse is "in the home." Experts believe that parents must spend time in face to face talks with their children, in order to listen and to discuss drug issues with them.

2. Sign the training rule pledge card. One of the things that parents are asked to do when their son or daughter goes out for an athletic team, is co-sign a "training rule pledge card." This pledge card must be signed by the athlete and parent before the athlete can participate in a sport or cheerleading squad. By signing the pledge card, the player makes a commitment that he/she will not drink or use other drugs or violate any training rules during the sport season. We ask that you spend time with your son or daughter to make sure they are willing to make the commitment to not violate any training rules during their sport season. We would like you to make a firm commitment to help us monitor the fact that your son/daughter is not breaking training rules. This is the help we need from you in order to reverse this present trend of excess chemical abuse by our athletes.

3. Attend a parent training session. The school district will sponsor parent training seminars throughout this school year. These meetings will provide parents with help in dealing with the problem of chemical

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abuse among our young people. The information that will come out of these meetings will be helpful for you as a parent. We will let you know when a date has been set for these sessions.

We would like to know your thoughts about our chemical abuse program for athletes and cheerleaders. Give us a call so we can talk about it with you.

Yours for excellence in athletics,

FOREST HILLS SCHOOL DISTRICT
Excellence Now...and For the Future

**ADMINISTRATION BUILDING**
7575 Beechmont Avenue, Cincinnati, Ohio 45230 513/231-3600

# *SURVEY FOR COACHES*

The purpose of this survey is to gather information on how coaches feel about the use and abuse of alcohol/drugs by student athletes. Please be as honest as you can about your initial feelings about chemical use by student athletes.

Your response to this survey will be kept strictly confidential. Please do not put your name on this survey.

When you finish with the survey please return it to the Forest Hills School District at the address listed above. After we compile the results, we would be happy to share our findings with you.

1. Age _____ Male _____ Female _____

2. List the sports that you coach _____

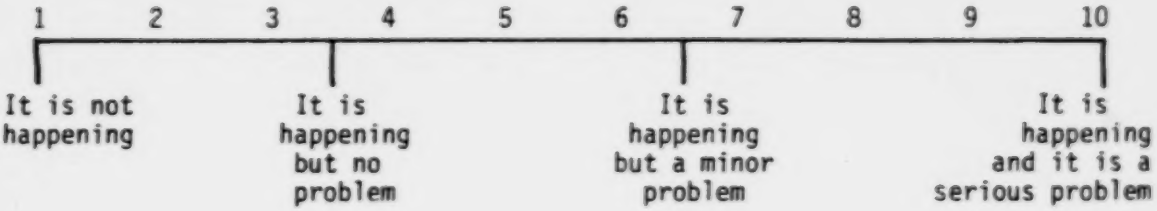
   _____

3. What level do you coach:

   High School _____ Junior High _____ Elementary _____ Other _____

4. Approximate number of students in your school _____

5. How do you feel about this issue of Jr.-Sr. High School athletes being serious users and abusers of alcohol and other drugs? Where would you place yourself on a scale of one to 10? Place an "X" on the scale below where it would reflect your current feelings about the issue.


1 2 3 4 5 6 7 8 9 10
It is not happening
It is happening but no problem
It is happening but a minor problem
It is happening and it is a serious problem

6. As a coach how do you react to the following statements?

   a. A coach should be a good model for his/her athletes.

      yes _____ no _____

   b. A coach should report all violations of the training rules by any member of his/her squad.

      yes _____ no _____

      If you answered no, please comment here:

   c. When a coach overhears party plans by his/her athletes, the coach should confront the athletes immediately.

      yes _____ no _____

7. After you have read the booklet from the Drug Enforcement Administration and have read this packet of information:

   a. Does the program make sense to you? yes _____ no _____

   b. Are you willing to make a commitment to do something about the use of alcohol and drugs among student athletes?

      yes _____ no _____

   c. If you are willing to make a commitment, how much of a commitment are you willing to make? Please check one blank.

      _____ I would like to make a commitment but...I'm not ready to make the commitment at this time.

      _____ I'll do the survey only and see how serious the problem is in my school.

      _____ I'll try a few steps in the suggested plan and see what happens.

      _____ I'm willing to go all the way and start a complete program.

      _____ Other. Please explain.

8. Would you be willing to sign a pledge card (along with your athletes) that you would not use alcohol or other drugs during your sport season?

yes _____ no _____

9. Please list here any suggestions that you have for improving the drug prevention program for athletes that is included in this packet of information.

Thank you for your participation in this survey. Please write or call us if you would like a copy of the results of this survey.

Mike Hall

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